

# Seasonal Snapshots

## Spring in the Kitchen Garden

### Ideas for spring dishes

Beetroot & blood orange salad	Beetroot & chocolate muffins
Beetroot dip	Beetroot roasted
Broad beans & pasta	Broad bean bruschetta
Broad bean custard with lemon sauce	Broad bean dip
Broad bean risotto	Beetroot muffins
Beetroot salad	Broccoli & olive pasta
Broccoli frittata	Broccoli pesto
Butter bean & artichoke stew	Caesar salad
Carrot & cumin salad	Carrot soup
Cauliflower kugel	Egg tarts
Fried rice with carrot & broccoli	Green risotto
Herb vinegar	Leek & feta tarts
Leek soup	Omelettes
Peas sesame	Rhubarb with floating islands
Rhubarb sorbet	Rice paper rolls
Salad greens, salad greens salad greens	Silver beet and blue cheese sauce
Silver beet & potato pie	Silver beet dolmades
Silver beet lasagne	Silver beet sauté with poached egg
Silver beet triangles with mint	Silver beet with chick peas
Snow pea salad	Strawberry and rhubarb jam
Strawberry jam	Strawberry smoothie
Strawberry tarts	Tempura
Turnip, pickled with a dip	Vegetable stir-fry
Waldorf salad	

### Don't forget recipes with:

- peas, snow peas and snap peas
- spring herbs: chives, tarragon, young rocket.

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### **Stephanie's thoughts ...**

The kitchen can expect to have loads of broad beans; plenty of peas, both regular varieties and sugar snap and snow peas; salad leaves should be tender and plentiful. Asian greens, plenty of herbs; there will still be usable silver beet, and maybe spring turnips and carrots, and salad onions. Possibly the very last of the broccoli side shoots. Most of these crops will be continually replanted. Could expect some of this list every week. Probably a Spring Fair to contribute to.

There may be artichokes and rhubarb to harvest. First beetroot crop – should be pulled whilst small. Gardeners will dig the Jerusalem artichokes, ensuring that the bed is cleared so that the tubers do not re-sprout. Urge them to pull the first leeks whilst they are slender and young.

A busy season in the garden for planting out crops to mature in summer (beans, climbing and bush) both before the vacation and crops to come back to. Celery and cucumber planted now, and sweetcorn. Sweetcorn under-planted with lettuce or beans so that they can use the cornstalks as support.

Late spring gardeners will most likely plant out eggplant seedlings and capsicums. More silver beet to go in or rainbow chard.

### **Spring menu ideas**

Dips; stir-fries; salads as always; crudités, caramelised vegetables; vegetable turnovers; pasta with spring vegetables; baby beets; leek tarts; spring vegetable tempura; ask for jars via school newsletter/blog to make chutneys and preserves.

### **Themes suggested by the time of year**

Growth; renewal; planning for self-sufficiency at home